

Day of Your Procedure

- Check-In Time: Please arrive one (1) hour before your procedure. You will need to arrive one hour and thirty minutes (1.5 hours) early if you did not pre-register beforehand (see the appointment letter for more information about pre-registration).
- Plan on spending at least three (3) hours in our gastroenterology unit. Ideally we start on time, however delays can occur.
- Designated Driver: You **MUST** have a responsible adult (friend/family member) come with you to your colonoscopy. You are **NOT ALLOWED** to drive, take public transportation, taxi or bus to leave the gastroenterology unit alone. If you do not have a designated driver, your procedure will be canceled. Your driver can bring you home in any mode of transportation i.e. bus, taxi, walking, public transportation.
- Leave your valuables at home.
- Bring your reading glasses with you.

If you are unable to keep your procedure appointment or have any questions about the instructions, please call (617) 562-5432, at least 48 hours prior to your scheduled appointment. Call between the hours of 8 a.m. and 4 p.m.

Key Instructions

- Your bowel **MUST** be empty to clearly view your colon and remove polyps. This means your last bowel movement should not be brown (yellow is ok). If you are having issues, please call (617) 562-5432.
- If you have kidney problems, please discuss taking SUPREP® with your primary care physician, nephrologist, or call our office at (617) 562-5432.
- Do not eat any solid food the **ENTIRE** day before your colonoscopy.
- Buy your bowel preparation at least five (5) days before your colonoscopy. Follow the instructions listed here for taking the prep, **NOT** the instructions included in the package.
- Review your medications to ensure which need to be held.
- Ensure you have a designated driver the day of your procedure.
- You must finish your prep at least four (4) hours prior to your procedure.

St. Elizabeth's Medical Center

A STEWARD FAMILY HOSPITAL



Directions/ Garage Parking

From the West

- Take the Massachusetts Turnpike (I-90) East to Exit 17 (Newton-Watertown).
- Go straight and take the second right onto Park Street, following signs for Brighton.
- Take the first left onto Tremont Street and follow for approximately one mile until it connects to the right with Washington Street.
- Continue on Washington Street for approximately one mile to the medical center.

From the North, South and Downtown Boston

- Take I-93 to the Massachusetts Turnpike (I-90) West.
- Follow the Mass Pike to Exit 20 (Brighton- Cambridge).
- Proceed through the tollbooth and bear left towards Allston/Brighton (Cambridge Street).
- Follow "H" signs for approximately 1.5 miles to the medical center.

Parking information: Onsite parking is available at the Medical Center. You may self park in Garage B for a small fee. Valet parking also is available at the Main Entrance for a fee.

St. Elizabeth's Medical Center Division of Gastroenterology

Patient Information: Colonoscopy - SUPREP® Bowel Prep Instructions



St. Elizabeth's Medical Center
Division of Gastroenterology
736 Cambridge Street
Brighton, Massachusetts 02135
Phone: (617) 562-5432

St. Elizabeth's Medical Center

A STEWARD FAMILY HOSPITAL



Your colonoscopy is an important part of your overall health and well-being. To ensure that the test is as effective as possible, please follow the instructions in this brochure for your SUPREP® Bowel Preparation.

Do not follow the instructions on the SUPREP® box.

DO NOT EAT solid food the day before your colonoscopy. If you have any questions, please contact us directly at (617) 562-5432. **Is it important that you read these instructions two (2) weeks before your colonoscopy.**

Medication Adjustments

You may have to stop or adjust your medications before your procedure. Please make sure to discuss the medications **listed below** with the ordering physician **two (2) weeks prior** to your colonoscopy. Take ALL other medications as instructed by your physician. You can take them on the day of your procedure with a sip of water.

- **Blood thinners** such as Coumadin®(warfarin), Lovenox® (enoxaparin), Plavix® (clopidogrel), Ticlid® (ticlopidine), Agrylin® (anagrelide), Pradaxa® (dabigatran), Xarelto® (rivaroxaban), Eliquis® (apixaban), aspirin, Advil®/Motrin®/Aleve® (ibuprofen)
- **Insulin/ diabetes medications**
- **Blood pressure medications** – you should continue to take as prescribed.

Joint or Heart Valve Replacements

- **Antibiotics** may be needed if:
 - You have had a joint or heart valve replacement and were told to take an antibiotic before going to the dentist.
 - Please CALL your primary care physician and ask if you need an antibiotic prior to your procedure.

Preparing for Your Colonoscopy

Five to Seven (5-7) Days Before Your Colonoscopy

- STOP all anti-diarrheals: Pepto Bismol®, Imodium®, Kaopectate®
- STOP fiber supplements: Metamucil®, Citrucel®, Perdiem®, Benefiber®

- STOP iron supplementation
- STOP vitamin E and CoQ10 supplementation. They increase the risk of bleeding.
- Pick-up SUPREP® Bowel Prep Kit from pharmacy. (Bring prescription and coupon, if provided.)

Three (3) Days Before Your Colonoscopy

- DO NOT eat high fiber foods: nuts, popcorn, beans, seeds, multigrain bread, salad, vegetables, or fruit.
- Begin hydrating by drinking more water.
- Fill out “Current (Home) Medication List” and “Pre-Procedure Patient Questionnaire and Instructions” forms that were sent to you. You will bring them on the day of your colonoscopy.

One (1) Day Before Your Colonoscopy

- **Do not eat!**
- Consume only the following types of clear liquids:
 - Water
 - Broth
 - Apple/ white grape juice
 - Tea (without milk or cream)
 - Sparkling water
 - Ginger ale
 - Sprite®
 - Sierra Mist®
 - Gatorade® (no red or blue)
 - Kool-Aid®
 - Plain Jell-O®
 - Popsicles
- Avoid all red or blue products
- Do not drink alcohol
- Do not chew gum on the day of the procedure

Bowel Preparation

When to Drink Your Bowel Preparation

- The standard of care for bowel preparation is splitting the dose. This will make it easier to drink the prep and cleans the bowel better. Drink half of the prep the evening prior and the other half the morning of your colonoscopy. This may require you to wake up early.

- Tips to tolerating the prep:
 - Keep drinking even if you have not had a bowel movement. Drinking water will also help this
 - If you develop nausea, wait 30 minutes then resume drinking but smaller amounts
 - Try drinking via a straw or on ice
 - Sipping a clear liquid between prep doses can be helpful
 - Sucking on a hard candy/ lollipop between doses can help to tolerate
 - Baby wipes can help irritation from repetitive defecation

How to Take the Bowel Preparation

Do not follow the instructions on the SUPREP® box.

Step 1 (around 4-6 p.m.): Mix the 6 ounce container of SUPREP® Bowel Prep into the mixing container. Add cool drinking water to the 16 ounce line (this cannot be flavored water as the prep has a berry flavor).

- Drink all of the 16 ounces
- After drinking the full 16 ounces, you must drink two (2) more 16 ounce containers of water within the following hour. This is important for preparing your bowel correctly.

Step 2 (5-6 hours prior to your colonoscopy time):

Follow the above instructions in step 1 for the other 6 ounce container of SUPREP® Bowel Prep.

- After drinking the full 16 ounces, you must drink two (2) more 16-ounce containers of water within the following hour. STOP drinking all liquids (including the PREP) within four (4) hours of your scheduled colonoscopy. Drinking any liquids within (4) four hours of your procedure may cause dangerous complications and may lead to the cancellation of your procedure.
- After midnight, do not drink or eat anything (except for the SUPREP®) and the two more 16 ounce containers of water (4) four hours BEFORE your procedure.